



ADVANCED
NUTRITION
PROGRAMME™

Gut care is skin care

The power of Advanced Nutrition Programme™ skin biomes

GUT HEALTH AND HOW IT AFFECTS

THE SKIN is a hot topic in the beauty and wellness industry, with Mintel* reporting that 'in the recent years, we've seen more discussions around the skin-gut axis – or the gut microbiome's influence on the skin – than ever before.'

Advanced Nutrition Programme™ have been advocating the "gut care is skin care" approach since 2019 and are dedicated to educating, inspiring and elevating understanding of skin-friendly bacteria.

Insights from Advanced Nutrition Programme™ Skin Researchers

Many of us experience what is known as a '**SAD gut**' with various factors impacting either health of our gut or balance of gut bacteria **S**: stress, smoking, sugar and lack of sleep; **A**: ageing, alcohol and antibiotics; **D**: diet.

The imbalance in our gut bacteria is called **dysbiosis**, which can result in digestive challenges such as bloating and constipation, as well as lethargy, poor concentration, low mood and poor skin quality. Growing evidence shows that a happier gut may support skin challenges like dryness, ageing, discoloration, sensitivity, problem skin and overall skin health.

**DID YOU
KNOW THAT
THE BODY MAKES
200 MILLION SKIN
CELLS EVERY
HOUR?**



Skin Youth Biome™

Skin Clear Biome™

"In 2019, Advanced Nutrition Programme™ research team launched their first microbiome product reflecting the emerging understanding of the gut-skin axis. This established the brand as leaders in this field promoting the gut care is skin care concept to the beauty industry for the clients who were seeking better and longer lasting results for their skin health."

Lorraine Perretta, Head of Nutrition

SKIN YOUTH BIOME™ combines beneficial bacteria with vitamin C and delivers personalised, targeted biome-based results. The intelligent innovation uses the next generation microbiome technology with 6 skin-friendly bacteria strains, including postbiotics, to help target the seven visible signs of ageing: fine lines, wrinkles, elasticity, uneven skin tone, dullness, dryness, and thinning skin.

SKIN CLEAR BIOME™ includes 4 skin-friendly yeast and bacteria strains fused with zinc, recognised for its multiple benefits for skin, to clear, clarify and help control complexion imperfections. In January 2024, the formula was granted the UK's first skin microbiome supplement patent, covering the emerging and innovative field of microbiome technology.

At Advanced Nutrition Programme™, we care deeply about long-term skin health, and we make it achievable by treating skin from within with truly game-changing nutritional supplements. We're also passionate about the future of our planet. That's why we always innovate, formulate and create responsibly, and develop our ranges based on clinical research carried out ourselves, in-house. It's with this exclusive nutritional knowledge and our transformative skin health solutions that we empower our community with lifelong skin confidence and a planet-positive approach. Together, we're changing the face of skincare.

YOU CAN TAKE BOTH BIOMES TOGETHER – THE MORE DIVERSITY YOU CAN HAVE WITH STRAINS, THE BETTER FOR YOUR SKIN AND YOUR GUT! IDEALLY TAKE THEM WITH A MAIN MEAL.



In a recent research study conducted at Skin Health Research Centre on Skin Youth Biome™, 100% of participants experienced a positive change in one or more visible signs of skin ageing as well as experiencing reduction in wrinkle depth, increase in hydration, skin smoothness, and improvement in transepidermal water loss (TEWL).



"The skin microbiome impacts the health of the skin, and the health of the skin impacts the health of the body. Given that the skin is the largest organ in the body, this effect is significant. Advanced Nutrition Programme™ is the leader in the field of ingestible skin care. We have dedicated ourselves to improving skin health and ageing – and developing the products to achieve this."

Dr Gaby Prinsloo, Medical Director



Not all biome products are created equal

Each **Skin Clear Biome™** and **Skin Youth Biome™** formula is housed within a protective matrix to ensure active bacteria reach the gut alive. To further preserve ingredient integrity, quality and activity, the capsules are pristinely packed in nitrogen-flushed, infinitely recyclable aluminium pods. The protective matrix and considered packaging ensure a guaranteed 5 billion active cultures of skin-friendly bacteria reach your gut at time of consumption.

TOPICAL PRODUCTS ONLY FOCUS ON THE OUTSIDE OF THE SKIN – ONLY DOING HALF THE JOB. BY ADDING SKIN SUPPLEMENTS TO YOUR ROUTINE, YOU CAN ACHIEVE 100% SKINCARE



SKIN YOUTH BIOME™
BEST NEW
SKIN PRODUCT



SKIN CLEAR BIOME™
EDITOR'S CHOICE
WINNER



SKIN YOUTH BIOME™
BEST NEW BEAUTY
SUPPLEMENT

Follow us [@advancednutritionprogramme](https://www.instagram.com/advancednutritionprogramme)

Skin Youth Biome™ | Skin Clear Biome™ (60 capsules): €67 | Skin investment per day: €1,12

For further information visit thehappyskin.eu or contact info@thehappyskin.eu.



References:

*Vitamin C contributes to the maintenance of normal skin and the normal function of the immune system *Vitamin C contributes to the normal production of collagen *Zinc contributes to the maintenance of normal skin and contributes to the protection of cells from oxidative stress.
*Mintel, 'Gut health goes beyond digestion.' 14 May 2021.